NECC Observer

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Dec. 5, 2012 The Student Newspaper of Northern Essex Community College, Haverhill and Lawrence, MA. • Vol. 74, No. 7

The fiscal cliff looms large after election

Opinion: Can we compromise before we go over the edge?

By Zach Chechowitz
Correspondent

The best way to describe this week in Congress would be to compare it to a pinball machine. The efforts between President Obama and the Democrats and the Republicans to find a solution to the looming fiscal cliff have yielded a week of fluctuation between optimism and despair.

Notable figures such as Berkshire Hathaway CEO Warren Buffet have given their two cents in regards to a solution, but any progress that was made was stalled on Thursday after each side returned to its long-held positions on taxation.

The American people and businesses nationwide are preparing for the worst in the beginning of 2013, but why is it that Congress has not gotten anywhere? Is this really what we should expect out of our elected leaders?

The seemingly age-old war over revenue increases versus spending cuts to reduce the deficit has become the defining factor in American politics these days, and neither side is really willing to negotiate. The Democrats have criticized President Obama for putting the option of reducing entitlement spending on the table, and have insisted that tax revenue should be increased without cutting government spending, while Republicans criticize the Democratic plan to raise taxes on the top two percent of the population.

The President himself has not been innovative in the compromise that he hopes to seek, advocating predominantly for the extension of the Bush tax cuts to lower and middle-income families. These tax cuts will aid about ninety-eight percent of the current taxpayer base according to the Tax Policy Center, but will be little appreciated as they only prevent one-third of the expected tax increases on these individuals.

The President's plan also includes approximately $80 billion in desired stimulus money and an easier process to raise the debt ceiling. The combination of lack of compromise and lack of policy innovation has left Washington right where it started.

Business has been hit the hardest by this back-and-forth game in Washington. Many businesses are looking anxiously at the first quarter of 2013, and a quick look at the stock market over the past week will show that the success of businesses rely on the success of legislation in Washington.

However, with the real possibility of major tax increases and the mandatory purchase of health insurance for their employees by January 2014, many businesses are looking to downsize to avoid closing down, with small businesses being much more at risk to suffer from new taxes.

In my opinion, Congress needs to begin with spending cuts. For far too long, we have been spending money that we do not have. I think that Congress should carefully audit its spending, cutting back on areas where there is waste or inefficiency and prioritize its funds. This will definitely come at the cost of programs and incentives that benefit specific segments of the population, but it is a necessary sacrifice if we are looking to resolve our current situation.

With regards to revenue increases, I feel that the issue of wealth has tainted the conversation. It seems like a logical idea to raise taxes on the wealthy, since they have more income than the majority of other Americans, but the limited revenues achieved by doing that and the idea of demonizing an individual because of their financial success does not sit well with me.

I feel that we should try to do the best with what we have available for resources, and then, if we need more, we should all be in this together.

Besides, when we really look at it, we will increase the tax burden placed on ourselves in many cases by making profitable businesses and business-owners pay a higher tax rates. Since higher taxes would increase the cost of running the business, business owners would subsequently pass that tax burden onto the consumer in order to remain profitable. Either way, we are saddled with the burden if tax percentages are substantially raised.

MCT Campus Photo

I hope that we never have to learn what is on the other side of this fiscal cliff, but that requires Republicans and Democrats to learn how to compromise on these important issues. There are ways to reach compromise without abandoning your core values, and I hope that our elected leaders figure that out before it is too late.

Jitters Cafe

By Sean Morrison
Correspondent

Northern Essex Community College's Spurk Building is home to Jitters Café, an extension of Corporate

Northern Essex Community College is home to Chef's Behrakis Student Center's Cyber Café.

Jitters Café's hours of operation are Monday through Friday 7:30-2 pm, and Monday through Thursday 5-8:30 pm.

Veteran employee Donna Rogers knows the ins and outs of Jitters.

"We bring fresh food down every morning from the Cyber Café," said Rogers.

Donna takes care of baking muffins and bagels at the start of each day, before greeting the throngs of staff and students, who are eager for refreshments throughout their busy school week.

"We brew upscale Starbucks coffee, and I offer different specialty drinks each week," she said. "I always have the slogan that the customer is always right."

Jitters Café carries a wide variety of Coca-Cola products, teas, sandwiches, chips and more. These can be enjoyed on the go, or at one of the many seats available at the café.

Summer LeCain, sign language student, said that she comes to Jitters often. She utilizes the café to study and relax in-between classes, as an alternative to commuting home.

"I've fallen asleep here. It doesn't get congested and they play great music." she said.

Robert Buxton, accounting student, comes to Jitters at least once a week. He enjoys taking advantage of the comfortable furniture lining the back wall of the café, as well as their competitive beverage prices.

"Soda is forty cents cheaper here than at the campus vending machines. The computers can be useful as well," said Buxton.

Jitters Café offers a wireless connection from the school, allowing students to bring their own devices in to study with. There is also no minimum on credit card purchases, making small purchases easier on those without cash.

For more information on Jitters Café, or to check out what's brewing, stop by the Spurk building to see what the buzz is about.

Michele Simon photo

Construction workers pour the cement for the steps, and wrap up the repairs that began last summer to the walkway between the E and B buildings on the Haverhill Campus. The project was slated to be finished in September or October but took longer due to problems like the weather (as can be seen be the torn up lawn and mud tracks). The repairs are completed just in time for winter.

Editorial

Let's keep watch

"Taxes, after all, are the dues we pay for the privileges of membership in an organized society."

Franklin D. Roosevelt, (1882-1945), speech, Worcester, MA, 1936.

Franklin Delano Roosevelt, also known by his initials, FDR, was the 32nd president of the United States. He spent 12 years as president, 1933-1945, the only U.S. president to serve more than two terms.

FDR was known for his personal victory over paralytic illness and his unending optimism.

He was a central political world figure during the mid 20th century. He worked hand in hand with Winston Churchill and Joseph Stalin and other allies to win World War II against Germany and Japan.

FDR lead the U.S. in a time of economic depression and world war. In his first 100 days in office he introduced legislation and issued a multitude of executive orders that came to be known as the New Deal. These pieces of legislation and the executive orders were designed to provide economic relief through government jobs for the unemployed, to produce economic growth, and to protect citizens through reform to Wall Street, banks, and transportation. The major programs that survive to this day are Federal Deposit Insurance Corporation (est. 1933), and Social Security (est. 1935). Most of the regulations on businesses have been repealed, except for the regulation of Wall Street through the Securities and Exchange Commission.

FDR is considered by many scholars to be one of the top three U.S. presidents of all time.

We do not mind having some of my hard earned money going to give a leg up to those less fortunate than myself, especially when that leg up is used in such a way that empowers the receiver to stand on their own and help themselves and their family after a time. I do, however, mind very much if help goes to those who do not need it. Stay informed. Get involved. Stay on top of what you consider to be abuses of the system that has been given to you. The system is yours now. Be a good steward.

MCT campus cartoon

NECC Observer

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Have you taken or are currently taking Journalism I and would like to be on staff? Then submit your resume to observer@necc.mass.edu.

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How to submit to the Observer

The Observer welcomes letters and articles from our readers. Letters and articles for publication may be submitted via email. All letters and articles must include your name and phone number for verification. Submissions should include Letter or Article to Editor in the subject line or risk not being received by the Observer email system.

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*Include Letter or Article to the Editor in the subject line.

While we attempt to publish all letters, we reserve the right to edit or reject those received.

The NECC Observer is a member of the Associated Collegiate Press, College Media Advisers Inc., the Columbia Scholastic Press Association, and the New England Press Association.

Roaming Reporter

How are your classes going?

Craig Bowen
Liberal Arts
"They're going well. I think I'll do good on my finals."

Kelsey Donovan
General Studies
"My classes are going really well."

Manuel Gonzalez
Mechanical Eng.
"Going good. Calculus 3 is tough."

Interviews and Photos by Matt Gingras and Everson Taveras

Hailey Vincent
Engineering Science
"I'm struggling."

Olga Charles
Exercise Science
"Alright. Not too good."

Jennifer Warren
Bus. - Health Services
"Very well, it's very organized."

Opinion

Are you a college couch potato?

Get out of that Mid Semester Slump!

By JESSICA PALMER
Opinion Editor

For many students, this year was a new beginning in a different atmosphere. Many are straight out of High School, and the adjustment can be difficult. Staying motivated is a concept that we all try to grasp but sometimes fall short.

Preparing ourselves for next semester is a great way to get ahead of the game. According to Online Colleges, there are a few ways you can harness your good intentions and point them in the right direction. Getting organized is a huge factor in dealing with multiple courses and projects. Sometimes our lives get the best of us but when it's time to buckle down, having your materials available to you is key.

Don't push yourself too hard; sometimes processing information for hours on end can stress you until you break. Take a break from your homework and go for a walk or have a snack. Stepping away for a little while allows you to think more clearly when approaching it again.

Remember why you're going to college in the first place. Look into the future and imagine yourself with your degree at your dream job and having the life you always dreamed of. Picturing the end result can help keep you determined when facing a difficult task.

Distance Learning recommends: "Chart your progress. Don't rely on campus counselors; design your own map of completed classes and post it somewhere that is visible daily. There's a certain satisfaction that comes with watching your goals be accomplished. When times get hard, you can always turn to your chart and see how far you've come."

Having goals can help motivate you, because once you overcome those obstacles, the feeling of accomplishment is irreplaceable.

Don't be a college couch potato; keep yourself active in your school work by taking a deep breath, unwinding, and refocusing on why you enrolled in college in the first place.

US students go to foreign universities

US students persue foreign educational possiblities

MCTCAMPUS ARTICLE

More American teenagers are thinking about picking up a passport and heading abroad for their college years as a way of attending a top-rated school at a lower cost, Canadian and British college recruiters say.

More than 10,000 Americans are earning graduate and undergraduate degrees in Canada, and 15,000 are pursuing degrees in the United Kingdom. Even with extra fees for international students, colleges and universities outside the United States, in many cases, cost less than the tuition at private colleges or the out-of-state charges at public universities.

In some places, American student interest has gone up as tuition rates rise here nationwide and state spending for higher education declines. The University of British Columbia, for example, reports a 33 percent growth in U.S. applications since 2008.

Because of California's "sagging economy" and cutbacks in public aid to higher education, "I am encouraging my students to look beyond our state's borders, and that includes other countries, such as Canada," said Jill Montbriand, a counselor at Rio Americano High School in Sacramento.

Annual tuition costs for international students in Canada ranged from about $14,000 to $26,000 last year, according to the Association of Universities and Colleges of Canada.

The average tuition last year at an American public university was nearly $21,000 for out-of-state students and almost $28,000 at a private four-year school, according to the College Board. The averages, of course, don't show great variation of costs at actual schools, but specific comparisons between U.S. and Canadian schools can show more of a difference.

Montbriand was among thousands of high school counselors who attended the recent annual National Association for College Admission Counseling conference in Denver, attended by representatives from 28 Canadian universities.

"Students tell us they were looking for a top-ranked West Coast university in an outstanding location," said Aaron Andersen, manager of international recruitment at the University of British Columbia. "When they realize it is also an international experience close to home, and an incredible value compared to many other comparable U.S. institutions, (that) often pushes UBC to the top of their list."

An additional lure is that American students can work in Canada for three years after graduation.

Maegan Cowan, a senior at UBC from Oakland, Calif., said she originally wanted to go to New York University, George Washington University in Washington or UBC.

"And UBC, even with paying international tuition, was waaayyy cheaper," she wrote in an email.

Tuition, fees and room and board at UBC this year are about $34,000. Tuition and fees alone at New York University and George Washington is more than $41,000. Room and board is extra.

UBC also had an international studies program, just what Cowan wanted, and it was something "a bit different," she said, "because it's Canada but still has some of the comforts of home and familiarities."

Lila Weintraub said she chose McGill University in Montreal because she wanted to leave her home state of Maryland and go to school in a city.

"Most schools fitting that description are extremely expensive, so even being an international student at a school in Canada ends up being much cheaper for me," she said.

Both women said they faced some early challenges, such as the logistics of getting a Canadian bank account, phone plan and student visa.

McGill has 2,267 U.S. students, while UBC has more than 1,000 American students.

MCT Campus Photo

Sally Warner of South Orange, relaxes on the campus of McGill University, where she is an engineering student in Montreal, Canada, on Wednesday, November 12, 2003. 3.

> **"US students are demanding more of an international experience,"**
> **– Chris Payne**

The University of Alberta, in contrast, has 68 undergraduate U.S. students, mostly from California, the Pacific Northwest and Texas. Texans often choose it for its engineering and science programs linked to the province's oil and gas sectors, said John Soltice, assistant director for international recruitment.

The Canadian university has brought high school counselors from target schools in the U.S. to the campus for summer workshops for the past two years, and applications have increased. Tuition is about $21,000 per year.

"The main factor has been efforts by many Canadian universities and the Canadian government to increase awareness across the U.S. about the high quality of education in Canada, at a competitive rate at well-ranked universities not too far from home," Soltice said.

Jack Whelan, director of college guidance at Providence Day School in Charlotte, N.C., who visited Canada's booth at the guidance counselor fair, said he hasn't seen an increase in interest among students.

"Actually, they may have been more popular a few years ago when the U.S. dollar was stronger, but now the value-conscious folks look much quicker at in-state public options or else safer private schools where a merit scholarship may be in the offing," he said.

The Canadian government reports that enrollment of American students grew in the late 1990s until about 2007 and then leveled off, but it hasn't dipped.

Tamsin Thomas, who handles education issues in the U.S. for the British Council, a non-governmental organization that promotes British culture, said more American students are interested in British universities every year. Thirty universities took part in a recent online recruitment fair, and recruiters from the United Kingdom travel around the U.S. talking with students and parents at school visits and college fairs.

In England, Wales and Northern Ireland, undergraduate degrees are finished in three years. Tuition for international undergraduates varies from about $11,000 to $40,000 per year. Many universities administer U.S. federal loans to eligible students, and American students are able to work in the U.K. while studying and during vacations.

Chris Payne, who opened the first U.S. office for King's College London near Washington this summer, said the highly selective university has had many students from the East Coast, but that interest was picking up now from Texas, the Midwest and California as well.

"U.S. students are demanding more of an international experience than a (single-semester) study abroad," he said. "Jobs can be anywhere now."

Meaghan Couture, from Colorado, started studying at the University of Manchester in England in September 2010 and plans to graduate in July. She has a job answering questions from prospective students on the British Council's Facebook page and on Twitter. One of the things she tells them is that an international education shows versatility, and employers like that.

"You stand out above the rest when your resume is on someone's desk," she said in an email.

Couture started out at a community college in Colorado while working nights at a restaurant. She transferred and studied for a semester at Metro State College of Denver but quit and worked in banking for six years. But then she went back to school _ in England.

"What I really wanted to do (when I was in high school with big dreams)," she wrote, "was to go to an internationally recognized university, to travel the world and to spend a few years living abroad."

Her tuition at the University of Manchester is about $17,900 per year. Had she gone to school in England right out of high school, "I would have saved a bundle," Couture said.

"England has always fascinated me and now I can say that I've lived there, I've worked there, I've studied there and that I found myself there."

Opinion

Riverwalk Campus

Campus is convenient with plenty of parking

By Amanda Deglaoui
Correspondent

Pulling into the parking lot at at the Lawrence Riverwalk Campus of Northern Essex Community College, there is a Salvatore's Restaurant.

The Lawrence Riverwalk campus opened in 2010, and located at 310 Merrimack Street, Lawrence, MA. Around the NECC campus there is a day care and doctor's office, as well as brand new construction going on.

The NECC website describes the Riverwalk Campus as having "20 classrooms, five state-of-the-art computer labs, conference rooms and staff offices."

Just like the Haverhill campus, the Riverwalk campus offers a coffee and snack shop. While Jitters Café is owned by NECC, Coffee Cann Café is privately owned. Both have been reviewed positively.

"I come to class just early enough to grab a coffee and go. Its great!" Jessica Pulley, a student at NECC explained. "Fast and good," she said, referring to the service Pulley gets at the Cann Café.

Pulley explained how traffic at the Haverhill campus conflicts with her going to Dunkin' Donuts in the morning, but praises the smoothness of the Riverwalk campus.

Pulley lives in North Andover so going to the Riverwalk easier for her. " Having a campus so conveniently close to my house is perfect. I go to the other campus in Lawrence as well, but this is better."

While Pulley praises the location she does insist that it may be difficult for students who don't know where they are. The Riverwalk Camups is located right off 495. There is no sign pointing to Northern Essex from the highway, only a semi- large sign on the building where Northern Essex is Located. A new student to the Riverwalk campus will need to be on the lookout for the large mill building with a medium-sized NECC sign on the side.

"The Riverwalk is so new." Jennifer Petillo, a first year student a NECC explained. "I walk in and I feel like I am not even at a Northern Essex campus."

Petillo, who is taking a Tuesday and Thursday class at the campus, loves the size of the classes, and the overall feel of the campus. "I would definitely recommend people to take classes here," Petillo said.

The Northern Essex Riverwalk campus is located on the third and fourth floors of the building. At the third floor entrance, there is a desk and a friendly security officer sitting behind it. The classrooms are large, with big windows in the back shining light in.

Student Matt Patel who has taken two night classes at the Riverwalk campus loves the parking lot at the Riverwalk much more than the Haverhill campus. "I don't have to come to class 20 minutes before to find a decent parking spot." Patel, who drives a half hour to get to the Riverwalk campus, has no complaints about the campus, and finds it nice and convenient. " I hope to take more classes here."

photo by Mary Ellen D'Angelo-Lombari

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Opinion

Community Outreach Group

Striving to make a difference in the community

by K. Demarkis
Correspondent

Student run Community Outreach Group Seeks members to help make a difference

COG, or Community Outreach Group, recently posted flyers across campus looking to recruit student volunteers. COG was established by students roughly six years ago. The group is rather small, consisting of a handful of students and faculty members who are all passionate about community outreach.

"It's hard to get the information out there," says Meredith Gunning, COG's faculty advisor and a professor at NECC. "The administrators should be telling students (about COG)."

This small group is run by its student members, who play a major role in what type of community service they participate in. "Every semester is different, it really depends on the students," said Gunning.

"I want to be able to help out people in my own way, we (students) get to decide what we want to do," says Andres Velazquez, a COG member, who found out about the group through a class that Gunning teaches.

The students organize various activities, including fundraisers, community projects, and bake sales. The proceeds are donated to the Lazarus House and the Emmaus House, two organizations that assist those living in poverty. COG has also participated in serving meals at the Lawrence Boys and Girls Club.

When asked about her involvement with community service, Michele Simon, COG member and NECC student, states, "I know how much they actually appreciate it." Michele, who has participated in a fair share of community outreach previously, chose to join COG because she felt as if the group provided "a lot more opportunity" to participate in serving the community. "It makes so much of a difference in their lives," she says about the people they help.

According to Gunning, COG is involved in about one community effort a month, sometimes more. Right now, the group is participating in a fundraising bake sale, as well as a food and toy drive to support Horizons for Homeless Children, a Mass. agency that provides resources to homeless children and their families.

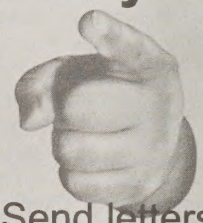
photo by Michele Simon

COG bake sale in November

Drop boxes for toys and canned goods are in the Library, Tech Center (second floor, near 226) and Spurk building lobby for students and faculty who would like to donate. The drive ends on Dec. 12. Lists of needed items can be found at www.horizonsforhomelesschildren.org and anyone who wishes to find out more information about COG can contact Meredith Gunning at mgunning@necc.ma.eduor via telephone at 978-556-3539.

COG volunteers meet every Monday at noon in C107.

We want to hear from you.



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Bay Path College

Arts and Entertainment

Putting the right foot forward

Dance Company's showcase "Gravity" had all the right moves

By alexander spinelli
Editor of Arts and Entertainment

Dozens of people filed into the gymnasium of the Fitness Center this weekend to watch the Dance Company's Performance of "Gravity." The audience was filled with family, friends, students and faculty all eagerly awaiting the showcase. The packed house stayed silent, the stage lay bare and black and there was nothing to see but dancers and their craft.

The showcase was made up of performances from all the dance classes that have been in session this semester. It's a chance for the students to show the people they know what they've learned and what they can do. Each dancer seemed full of pride and passion as each movement flowed gracefully to the next.

The students in each class weren't the only ones in the showcase. "Gravity" was also home to student choreographers and the Dance Club members. The Dance Club is an organization that allows students who aren't taking dance classes and that aren't a dance major to have a chance to learn.

Tracy DiJulia who is the head of Dance Club and their choreographer cast the Dance Club as the opening number in the showcase. Their dance, "Rhythm of the Night," was fun, upbeat and set a tone for the talent that would follow for the rest of the night.

Student choreographers who were in the showcase had style and technique that rivaled their professors. The hard work, dedication and natural talent did not go unnoticed.

The performance closed with a piece from the hip-hop class here at NECC taught by Michelle Deane and had so much energy and sass that made the audience want to get up and join them. It was the perfect ending to a wonderful performance that left the audience excited for what next semester's performance will bring.

Photos By Alexander Spinelli

Hitting all the right notes

NECC's choir sings with soul at their winter concert

By alexander spinelli
Editor of Arts and Entertainment

The Tech Center is not only home to the up to date classrooms and computers but also the music that lives in NECC students. The concert choir rehearses all semester long, practicing different songs and honing their abilities to reach their fullest potential. That potential was very visible during their Concert this past Sunday.

The performance wasn't a traditional setting where the whole choir sings together throughout the whole concert. Different members of the choir sang in smaller groups and they changed up who was singing for almost every song. This gave a chance to highlight certain voices and also offers the audience with a variety of rich tones and sounds.

Alisa Bucchiere, the head of the choir, conducted as them effortlessly as their music flowed through the building. Bucchiere talked to the audience about how her recent trip overseas with the Theatre Department this summer influenced a lot of her choices in music and stylistic approaches with different songs. The choir's performance of Regina Spektor's "Samson" shook the house with emotion and energy.

The smaller groups contended with the power of the choir as a whole. Three members of the choir sang a cappella song with a three-part harmony that moved the audience to a standing ovation. It was clear that bigger isn't always better.

All the time and effort spent through the semester came to life in the choir's beautiful concert. They defiantly made enough noise to say that the tech building is home to computers, but to music as well.

Photos By Alexander Spinelli

Campus Life

NECC Student of the Month!

Get to know the Student of the Month

By Ashlee Ferrante
Campus Life Editor

Congratulations to student of the month winner Alan Lee Aggi. Alan is 27 and lives in Plaistow NH. This is his first year here at Northern Essex. I sat down with Alan this past weekend to discuss how he feels about being student of the month and did a Q&A.

Q: If you had the chance to spend the day with someone dead or alive who would it be?

A: That's a tough question…There's a lot of people I wouldn't mind spending time with it like who of all of them who would I want to. I might say Dave Brockie the lead singer of Gwar. He is an interesting take on real life and personality. I like his music a lot.

Q: What's your favorite band?

A: I don't really have any one favorite band. I listen to mostly extreme hardcore, deathcore music, punk rock that kind of stuff.

Q: What's your major?

A: Right now I am in general study courses, I want to edge towards journalism and do stuff like this. This is kind of nice it is giving me a reflection of what I could be doing in my future.

Q: What's your favorite subject?

A: I really liked my intro to psychology class I took this year. I like learning how the mind works and how behavior and different influences that has on me and on anybody else.

Q: Are you going to transfer after Northern Essex?

A: I'm not sure maybe, it kind of depends on how I can deal out my cards. I don't have a car right now so traveling back and forth to school is kind of hard to do.

Q: What's your favorite food?

A: I am really a big fan of cheeseburgers. Absolutely I like all kinds of cheeseburgers big ones little ones. Ruby Tuesday had colossal burger 2 half pound patties. I lived with my brother in Nebraska for a while and him and my uncle had a bet that if I ate the entire burger and all the fries my uncle would pay for it and if I didn't eat it my brother would pay for it. I eaten the entire thing. It was huge I don't think I ate for the whole day the day after.

Courtesy Photo

Student of The Month Alan Lee Aggi

Q: What do you think of the professor that nominated you?

A: She's great; she is on top of making sure everybody's questions and answers. She gave people the opportunity to call or email her. She is really on top of that.

Q: How do you feel about being nominated for student of the month and winning?

A: It is not something I would have ever expected or anticipated in my future, it's amazing.

What's happening on campus Dec. 5 - Dec. 12

December 5

A seasonal celebration will be held from 11 a.m. to 1 p.m. at the Lawerence campus.

December 7, 8, 9

A Christmas Carol will be staged in the Top Notch Theater at the top of C building.

Friday , Dec. 7 at 7 p.m.

Sat. Dec. 8 at 3 p.m. and 7

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News

Two arrested on Haverhill campus

What public safety had to say about the incidents

By Milka Martinez
News Editor

There have been cases of trespassing and threats between students on the Haverhill campus. The two most recent incidents happened in October and November, and were both taken care of by the Public Safety office of the college, and the Haverhill Police Department.

On Tuesday, Oct. 23, at approximately 12:15 p.m, two Haverhill Police detectives came on campus looking for a female student. "They were actually looking for information on her boyfriend, because they had several outstanding warrants on him for breaking and entering private properties. They located the suspect on the Haverhill campus parking lot, and immediately arrested and deemed him a trespasser on all NECC campuses," said the NECC security incident report written and filed by Lieutenant Dan Tirone.

The other incident occurred on Thursday, Nov. 15, at approximately 8:15 a.m. "A Dean of Academic Preparation assistant issued a Care and Concern report of an incident that happened in her classroom on Nov. 13, involving two students. The report was made out due to a male student threatening a female student," according to the NECC security incident report written and filed by Lt. Tirone.

The report also states that the same day Dean of Academic Preparation assistant filed her report, at around 10:00 a.m., Gene Hatem, Director of Public Safety, met in his office behind closed doors with the alleged victim to discuss the details of the incident and obtain more information to file a report. Hatem said the details of the incident discussed in the meeting with the student were confidential information, and that those details were only available to a certain committee of the college.

Immediately after the alleged victim left his office, Director Hatem proceeded to discuss the case with Nita Lamborghini, Dean of Discipline of the college. "Three days after the incident, on Nov. 16, the suspect was taken into custody from the Haverhill campus by the Haverhill Police Department," the report made by Lt. Tirone also stated.

According to Hatem, there was no physical confrontation between the students involved in this case, "there was only text messages and conversations," he said. "He ended up getting arrested. He went to court and was charged because of the incident, that I know," Hatem added.

These are cases of interest to the NECC population, and the Public Safety office of the college is aware of that. So what are the things the college is doing to protect its students and staff, and to prevent incidents of this magnitude from happening again? "Every time something like this occurs we file a report and notify the police department. After the police gets the report we don't get involved anymore. We have been increasing the lighting at night around campus and surveillance to ensure students and staff security.

"But something I would like to add is, people should know that sending any type of threat or repeated harassment by electronic communication is a crime," Hatem said, and clarified that people can be charged and punished with fines up to $500, three months in prison, and sometimes even both.

According to The Commonwealth of Massachusetts, "Whoever telephones another person or contacts another person by electronic communication, or causes a person to be telephoned or contacted by electronic communication, repeatedly, for sole purpose of harassing, annoying or molesting the person or the person's family, whether or not conversation ensues, or whoever telephones or contacts a person repeatedly by electronic communication and uses indecent or obscene language to the person, shall be punished by a fine of not more than $500 or by imprisonment for not more than three months, or by both such a fine and imprisonment. For purposes of this section, electronic communication shall include, any transfer of signs, writing, images, sounds, data, or intelligence of any nature transmitted in whole or in part by electromagnetic, photo-electronic or photo-optical system."

A word from The Director of Public Safety & Transportation

Gene Hatem, Director of Public Safety and Transportation says, "I would like to make people aware that electronic communication that is harassing and annoying other people is against the law. We have filed reports that a couple students received threatening messages during the holidays; the students were a male and a female My advice to whoever is receiving threatening messages is to contact the company provider and make them aware so they can block the number the messages are coming from, and also to notify the police department because those type of messages are against the law." According to The Commonwealth of Massachusetts, "Whoever telephones another person or contacts another person by electronic communication, or causes a person to be telephoned or contacted by electronic communication, repeatedly, for sole purpose of harassing, annoying or molesting the person or the person's family, whether or not conversation ensues, or whoever telephones or contacts a person repeatedly by electronic communication and uses indecent or obscene language to the person, shall be punished by a fine of not more than $500 or by imprisonment for not more than three months, or by both such a fine and imprisonment. For purposes of this section, electronic communication shall include, but not be limited to, any transfer of signs, signals, writing, images, sounds, data, or intelligence of any nature transmitted in whole or in part by a wire, radio, electromagnetic, photo-electronic or photo-optical system."

Public Safety Offices

Haverhill campus:
100 Elliot St Room C112B
978-556-3689

Lawrence campus:
45 Franklin St Main lobby
978-738-7499

Lawrence extension campus
78 Amesbury St Main lobby
978-738-7699

NECC Riverwalk campus:
360 Merrimack St: Building 9, Entry K, 3rd floor
978-659-1200

Campus Security Logs

By Milka Martinez
News Editor

Havehill campus

*Nov. 19 staff member of the Gallaudet University Regional Center on campus hit her head on a low tree branch in lot #3. An ambulance was called but victim refused to be taken to the hospital.

*Nov. 21 student cut herself attempting to tighten a screw with a small pocket knife. Student received medical attention by a public safety officer, and did not want further medical treatment.

*Nov. 23 phone scam to the safety and transportation office from a criminal extortion group operating out of India

*Nov. 24 broken pedestrian cross walk sign located in the Student Center.

Lawrence campus
*No incidents reported.

Lawrence extension campus
*No incidents reported.

Riverwalk campus
*No incidents reported.

Bad weather? Is the school closed? Call the school's hotline, and they will let you know. (978)556-3002

On the job

photo by Milka Martinez

Lieutenant Dan Tirone at his desk in C112B

Features

Are you down with the clown?

A look into the life of a Juggalette

By Everson Taveras
Features Editor

After two missed phone calls and several days with no response, Stephanie Beck walked through the doors of the Spurk Building on Nov. 16 with little to no idea as to what she was getting herself into. What follows is an account of one woman's life forever changed by a lifestyle she now could have never imagined herself without:

Stephanie is a Deaf Studies major at Northern Essex Community College. She's also a fiancée and a devoted mother. Although Stephanie attends classes three days week at NECC, she lives in Brockton, Massachusetts, located two hours away from the college, which, incidentally, is home to former World Heavyweight Champion Rocky Marciano. She describes herself as a Juggalo. Not like the Rob Schneider in Deuce Bigalow kind, but the kind of Juggalo who occasionally spray paints his or her face and jams out reverently to Insane Clown Posse (ICP), an American hip hop duo heavily credited as having birthed the Juggalo community. The hardcore ICP fans are also rumored to drink, and occasionally shower in, the soft drink Faygo at concerts, wear a type of clothing called HatchetGear, and indulge in what many describe as reckless behavior.

Some would even go as far as to call Juggalos a cult, though Stephanie disagrees, having spent some time thinking about how the two differ. Stephanie describes Juggalos as a family, not just representing individuality but embracing it. She expressed her discontent about a comment a student had made during a presentation Stephanie gave in one of her classes, that Juggalos just "Take in the kids who are the weakest". Stephanie was quick to counter that Juggalos are just people who are different from what society calls normal, that they are just another clique.

"We are very accepting of, you know, you can be black, white, Asian. You can be fat, anorexic, short, tall, you can be disabled. Anybody who loves their music, loves that sort of atmosphere and who wants to be 'down with the clown', we're very accepting of that. And if you're down, then we're down with you," said Stephanie.

This openness and familial love is further examined in the 2009 documentary A Family Underground, which takes a closer look at the group, over a day spent at the 2008 Gathering of the Juggalos. Directed by Paul Andresen, the 90-minute film follows an English couple attending the event for the first time, and provides an unfiltered, honest portrayal of what Juggalos are. In 2011, another film depicting the lives of Juggalos was released, named American Juggalo. Mallika Rao of The Huffington Post followed up with a short but injurious review of the film, published on September 27, 2011:

"Every August, jobs are quit across the nation, spray paint cans cracked open and bras ripped off, as the juggalos and jugalettes of America descend on the woods of Cave-In-Rock, Illinois, for the Gathering of the Juggalos."

However, a scene in the film featuring a group of four Juggalo's says otherwise. Two of the four interviewed were managers, and the rest had jobs. Mallika ended the article sarcastically, claiming the film "Is like a before and after commercial for whippits, only with no before part. And you're invited!"

The prejudiced comment and the word "descend" used in the review are among the many efforts in popular media to demonize Juggalos. But it hasn't deterred the care-free, jovial crowd from attending "The Gathering" every year.

"Basically it's a huge party that goes on for three or four or five days. And in that we pitch tents, we have fires. There's concerts 24 hours a day, although the main concerts are at night. There's music, food, there's literally carnival rides and games there, where you pop the balloon and you throw things and you win prizes," said Stephanie. After pausing briefly, she went on to describe just what else takes place at the event: "There's contests... There's some sexual activities going on as well. So there's like this wet t-shirt contest. It's called the Miss Juggalette pageant, and they'll do some pretty dirty things." Stephanie made it clear that she has never participated in any of these activities, that she's only seen them. "But it's all in good fun. We don't take ourselves very seriously. We live one day at a time, you know."

Though she was raised in Brockton, were she still lives, the 21-year old got to see a lot of Boston growing up, which she admits liking better than Brockton. Furthermore, because of her familiarity with Boston and its other areas, she hopes of moving there in the near future. Stephanie's distaste for Brockton became increasingly obvious after she shared what took place outside her home the night before: "Actually. just last night, there was a killing on my street and they stashed the car up the street from me. So there's like 15 cop cars on my street and I'm like 'I need to move. I hate Brockton'."

Stephanie hadn't always imagined herself growing up to be a Juggalo. Her introduction to the community came in the form of a song that a close friend, whose brother was a Juggalo, shared with her in the sixth grade. Soon, Stephanie began listening to the hardcore hip hop music of Juggalos, also known as horrorcore. For many years, she listened to the horror-themed rap music, attempting to understand its powerful lyrics, although she admits not knowing much about what it meant.

It wasn't until high school, where she met her boyfriend and now fiancé, that Stephanie became more fully entwined with the lifestyle of a Juggalo. Now, it has influenced most of her life, including her son, Ryda, who she named after Psychopathic Rydas, a hip hop sub band "that takes other people's music and rides [raps] on it," as Stephanie put it.

Although the expression 'never judge a book by its cover' is more often used to describe people, Stephanie's car clearly displays her social affiliation. From Hatchetman symbols to floor mats and steering wheel covers, her ride has been decked out from hood to trunk, with the exception of a few decals -- she admits there were more on her old car.

But it doesn't stop there. Her Juggalo fashion taste stretches her closet space. With so many shoes, socks, underwear, shirts, sweatshirts, and jewelry to choose from, looking like a Juggalette has come easily for Stephanie.

"When you get this far into it, it becomes a part of you," said Stephanie. "It's like I don't want to get it, I need it. That's how we recognize each other. And there's where the problem lies because police officers, detectives, and higher up FBI people, they'll see that and you will be targeted because they know what that means now. Not that it means anything bad but it's just their perception."

In the FBI's 2011 National Gang Threat Assessment, under non-traditional gangs, Jugggalos were identified as a "loosely-organized hybrid gang" in four states across the U.S, while 21 states identified criminal Juggalo sub-sets, according to NGIC reporting.

As defined in the Gang Threat Assessment, hybrid gangs are fluid in size and structure, transient, and constantly evolving, making it difficult for law enforcement to track, identify, and target them. Their rapid expansion and the sporadic nature of their crimes causes great concern to law enforcement officials, after NGIC reports suggest that Juggalo criminal activity has increased over the past several years and has expanded to several other states. Though there hasn't been any recent news about Juggalo gang activity, Stephanie still worries that the continuous associations made between Juggalos and other gangs (like the Bloods and Crips) may put her, and the people she loves, at risk.

"Before this whole gang assessment came out, we were just doing our own thing, and just being who we are. And now we're being labeled. It causes a problem, especially for someone who hasn't done anything wrong. We, and I'm saying we as Juggalos, we don't have beef with any real gangs like the bloods or the crips or the kings. We have no beef with them. I don't think they know who we are to be quite honest, because they're up there and we're down here.

"We're just people who like our music, and now being on that we're going to be up there with them, and I think that can cause a lot of problems. I am scared driving now with the stickers on my car, and wearing the clothes people know who I am, and my son having the name that he has. Him growing up, if we're still around, if it still continues to be this big hype about the negativity, the gangs, I'm sure he might be targeted, and that scares me a lot. That's my son, you know. I don't want anything to happen to him."

Courtesy Phtoto by Stephanie Beck

Stephanie Beck holds up her necklace with the Hatchetman symbol

Despite the oppression Juggalos are often met with, and the controversy constantly shadowing their lifestyle, there are several famous celebrities who identify as Juggalos: Charlie Sheen, from the hit series Two and a Half Men; Kane Hodder, the face behind the hockey mask in all the Jason films; and rappers Coolio, Vanilla Ice and Ice-T, who made guest appearances in the documentary A Family Underground. Juggalos also believe in God, although their perception of heaven is somewhat non-traditional.

"Heaven is known as Shangri-La in our world. Shangri-La is just like Juggalo heaven, as we like to describe it. It's just a place where you're free to be yourself and listen to music, play sports, go eat on a barbeque. It's something to imagine, instead of being like, 'Oh, I'm going to die one day and be in a box in the ground.' This is something to look forward to. We believe that in Shangri-La, there's always happiness, never depression or sadness."

Stephanie views herself as a regular person, with aspirations and goals just like anybody else. After having spent a year at Massasoit Community College in Brockton, she switched to NECC, where she's been attending college for the last two years -- this year being her first in the deaf studies program.

She hopes to pursue a career as a sign language interpreter, and eventually, ironically, hopes to work with the government one day. Apart from being a full-time student, mother and fiancée, Stephanie is a full time manager at Wendy's. Quite normal a life and routine, one would say, which is exactly what she wants people to understand.

"Just because I am a Juggalo and I label myself that way, I am not forced into anything. I'm not forced to go to any of the shows or be something that I am not. I always felt different growing up. I never knew why, and until I listened to the music, I figured out there are people who want to fit in and then there are people who don't. And I'm that person who doesn't want to fit in.

"I don't care about being popular, I don't care about being the coolest; I don't care about people liking me. You know, I have my family and that's all that I really care about, besides school and making money. I'm a regular person. I like to listen to the type of music that I listen to. I like to wear what I wear. I don't care about being judged. If people want to judge me because of my appearance, that's fine by me. I don't mind being different. I don't mind that. I'm here to do me. I'm not here on this world to please anybody. I'm here to be a mom; I'm here to be a wife, eventually. I'm here to graduate and live my life. Well, supposedly the world's going to end soon, so I might not get around to that," she jokes.

Sports

NECC powers past Bristol CC

Men's basketball takes home third straight win, 68-52

By Matt Gingras
Sports Editor

After falling behind early, the NECC Knights powered past the Bristol Community College Bees, 68-52. The win was the Knights third in a row, and fifth of the season.

Franklin Martinez led both teams in points, scoring 25 on the night. Martinez caught fire from behind the perimeter, hitting seven 3-pointers, including five in the first half. Kyle Davis, who also had a solid effort with 19 points and eight rebounds, spoke very highly of Martinez's efforts. "I've been giving Franklin shooting lessons for the last couple nights," Davis joked. "But really, he's one of the most lethal offensive threats. Tonight was a shooting clinic."

Head coach Darren Stratton also had praise for Martinez's effort. "He's the only kid who has the green-light; he can shoot it anytime he wants. He's the best shooter we have," Stratton said. "If he hits one, one can lead to five."

The Knights went in to the second half with a 34-25 lead, despite trailing to start the game. The second unit was a huge spark for Northern Essex. Freshman guard Trevon Moore played tough on-ball defense the entire night, and Martinez scored his 25 points off the bench. Another freshman, Kyle Lawyer, had a big dunk off the bench that changed lit a fire under NECC. "[Kyle Lawler's] dunk and when Trevon stripped the ball for a steal," praised Martinez. "Those two things right there, those were turning points."

The tough Northern Essex defense only allowed one Bees scorer with over 10 points, Claydir Timas, who finished with 11. Trevon Moore and Junior Veras each played solid defense, which stopped a lot of plays before they happened. "They lit a spark for us, intensity wise," said Coach Stratton. Moore had three steals in the game.

Damian Lugay had another solid effort, scoring seven points for the Knights. Lugay also had four assists and five steals on the night, adding in to the sharp defense that Northern Essex played all night. Matt Sifferlen scored four points for the Knights, also dishing out six assists.

photo by Matt Gingras

Damian Lugay (right) locks down a Bristol attacker.

The Knights have built a three-game win streak now, but are still looking at the season one game at a time. Franklin Martinez knows the team hasn't hit its full potential yet, saying, "We got a lot more in us."

The Knights also took on Quinsigamond C.C and won, 66-63 and Clark University, which they lost 76-74. They now sit at 6-3 on the season.

Northern Essex travels to Roxbury Community College on Dec. 6 to take on the undefeated Tigers, who stand at 6-0. They return home Dec. 11 and host the Community College of Rhode Island before enjoying a winter break.

NECC Knights Stat Leaders
Men:

Points: Kyle Davis (14.7)
Rebs: Kyle Davis (8.8)
Assist: Damian Lugay (4.4)
Steals: Damian Lugay (2.3)
Block: Will Angelini (1.4)

NECC Knights Stat Leaders
Women:

Points: Jessica Goulet (9.0)
Rebs: Jessica Goulet (7.8)

Ladies fall to Bees

Bristol Community College tops NECC, 63-30

By Matt Gingras
Sports Editor

The Knights ladies basketball team suffered defeat at the hands of Bristol Community College, dropping the game 63-30.

The loss brings the women's team to 0-2 on the season. The game, which was at NECC's Health and Fitness Center on Nov. 20, saw the Knights improve both offensively and defensively from their season opener. The Knights both scored more points than their last game (30 versus 23) and allowed fewer points (63 versus 75).

Center Jessica Goulet played her first full game, and was a presence in the post all night for Northern Essex. Goulet pulled down 11 rebounds in the loss, and scored nine points. The freshman shot 7-8 from the free throw line, making the most of her opportunities. Along with her five blocks, Goulet's big effort was a positive for the team.

Goulet contributed the practices for the improvement the ladies showed. "We worked on rebounding, boxing out, defensive plays and shooting drills [in practice]," Goulet said. "We also worked on our foul shots." Goulet shot 88-percent from the free throw line.

> **"Everyone's still a little nervous, but we're getting better already."**
>
> **–Maeve Hurley**

Aja Metcalf scored five points in the Knights loss, also dishing out the team's only two assists. Goulet spoke well of Metcalf's effort at point guard. "Knowing she can handle the ball is good for us," said Goulet. "She did a good job."

Maeve Hurley also came up big for the Knights, leading the team in scoring. She entered double-digits for the first time this season, notching 10 points into the scorebook. "We were more comfortable with each other [than in the first game]," Hurley said. "Everyone's still a little nervous, but we're getting better already."

The ladies traveled to Quinsigamond Community College on Nov. 27 but couldn't earn their first win of the season, falling 42-32. The Knights also took on Manchester Community College on Dec. 1 but lost again, 73-23. The losses dropped NECC to 0-4 on the season.

The Knights come home on Dec. 4 when they host Bunker Hill Community College and travel to Roxbury on Dec. 6 to take on the third-ranked Tigers.

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Thursday, Jan. 10, 2013

The deafening silence of an absent audience

No form of art can thrive without you

By Alexander Spinelli
Editor of Arts and Entertainment

You might be thinking that a story about the arts doesn't apply to you because you're into sports, or science, or business and that the arts don't affect you. Well, it does. Having the attitude of "it doesn't affect me, so why should I care?" will not help you in the real world. Here at NECC it is hard to get a wide variety of students involved with art showcases and performances. There seems to be a lack of interest and support from a majority of the student body and that poses the question, why? Are the arts losing their appeal to pull in a wide audience? Or is NECC fall victim to a lack of participation because or it's commuter school mentality?

To figure this out we must look at other schools to see if this is an arts problem in today's world or is it a NECC problem. Alyssa Dumas is a junior up at Plymouth State University in New Hampshire is perusing a BFA in theatre and she talked about her responses from the student body up at PSU. Dumas is very active with her theatre arts as well as vocal performances up at PSU. But getting other PSU students involved is not always easy. "We try as hard as we can to publicize the performances we have but if we don't get the word out there enough then people either up being uninterested or just don't know about the show" Dumas said. She talked about how it is up to those students who are involved to pull in their audience. They are the ones who have to sell the show because people aren't going to just show up if they don't know.

That responsibly doesn't just fall solely on the students though, because the staff up at PSU does their part too. "We do get lucky with the fact that a lot of faculty make their students see a show and write a paper on the performance to expand their knowledge of the arts" Dumas said. Dumas talked about how there ends up being a sense of community and pride up at PSU where everyone works together to support one another. That's interesting that she thinks PSU is a community, where Northern Essex has Community in its name but lacks the feel of one.

Bringing the scope closer to campus Thera Driscoll a theatre transfer from Salem State University talked about the difference between a regular four-year and a commuter college. "There's a big difference between NECC and Salem State just in student body size alone. I feel lucky being at NECC. I have a better chance of being noticed by my faculty and peers and there's a better chance for a close connection here." Perhaps NECC students don't realize between all of our comings and goings that we are fortunate to have small class sizes for a better learning experience. But having an intimate class setting wouldn't that harbor a more supportive student body?

Driscoll elaborated on performances at Salem State in comparison to NECC because there's a noticeable difference between the two. "Salem State has a grand theatre and has built a reputation behind their performances. It's hard for students who go there not to notice when something like that is happening" Driscoll said. Perhaps NECC struggles to bring in big audiences because it's hard to fit a lot of people in the Top Notch Theatre. Maybe most students don't even know that there is a theatre on the third floor of C Building.

Let's be honest, NECC students come here for convenience. Everyone has their own lives and their own responsibilities that they have their hands full with and use the college as just another stop on the "to-do" list. It's hard to make time for things that might interest you do to the fact that you have a job (or two), a family to take care of, and tons of homework for your classes to worry about. It's a busy world and it's hard to squeeze in extra time in that already busy schedule.

Well if it's known that commuter students have busy lives and don't have spare time to attend school events shouldn't that be the answer to why there's a lack of involvement for the arts here at NECC? The answer is, we can always find time when we want to.

Katelyn Demers is a student here at NECC and talked about her transition from commuter student to active on campus student. Demers said "My first year here I barely talked to anyone. I didn't really have friends. I just came to school, went to class and left." Sound familiar anyone? It is easy for students to come and go from here without ever really making friends or getting to know anyone besides their professors.

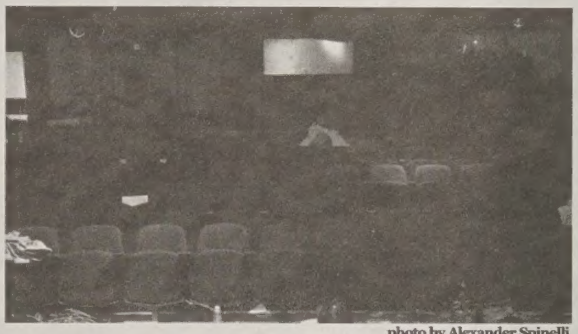

photo by Alexander Spinelli

Don't let an auditorium stay empty. Go support the arts at NECC.

In Demers second year, she built up the courage to audition for a play in the theatre department. She had never done theatre before that audition in her life. Once she was cast in Christmas Carol for the first time a confidence grew in her. "That is where I met all of my friends that I have now. I mean that's where my boyfriend and I first met for crying out loud," Demers said. Being part of the department changed her mind on school, and Demers has already graduated with a degree in Theatre from NECC but is back again to continue her education. Demers was a student just like most of you, but then took a chance on something she wanted to always try but was afraid to, and it lead to a much more enjoyable college experience.

NECC is still a college; it's your college. It might not be your college forever, but it is now. Why wouldn't you want to try to be a part of it? There is nothing PSU students have that we don't. Take a chance on something, go to a performance, see an art showcase, and get involved with the process if you're too afraid to do either but want to be part of it. There more support the arts get, the more people will hear about it, the more people who hear about it will want to join it, and then we start building the support system that our school seems to be missing. Being part of something that's bigger then you will not only give you a sense of confidence it will make you feel like you belong somewhere. Let's be the community that our college says we are.

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Spotlight

The Homestretch

Photos by Michele Simon

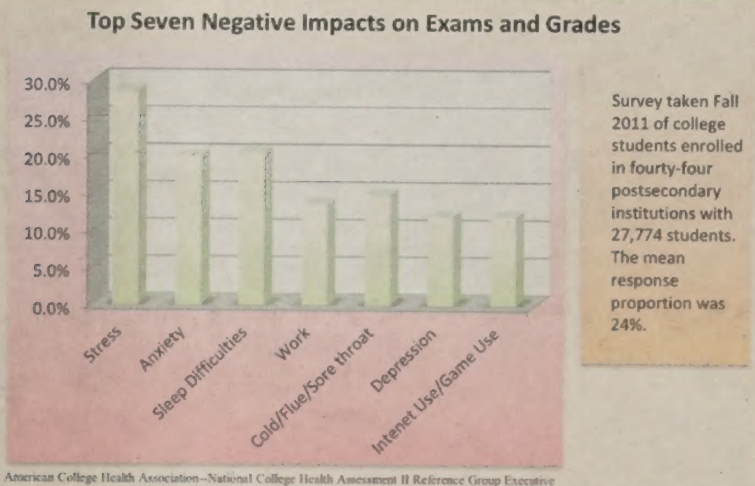
In Track and Field there is a term called the 'homestretch' that means: from the last turn, the straight stretch of a racetrack leading to the finish line. For the college fall semester the Thanksgiving holiday could be seen as the turn into the homestretch, when we struggle to juggle our lives, current classes, homework, and final projects and studying. What better way to mark the turn into the homestretch than with an actual race?

On Thanksgiving morning 18 members of the President's Running Club (pictured above) set aside their morning cooking chores and holiday festivities to join a record breaking 10,720 men, women, and children in Andover Mass. for the Feaster Five - a five mile race.

More than just a great way to balance the waistline on a holiday of feasting, we could look at this as a reminder that it's important of stay active outside of the classes, work, and homework that consume our time. On the Haverhill Campus the college has a gym full of exercise equipment, lockers and showers available to all NECC students, faculty and staff. How long does it take to walk over to the gym and work out for 20 minutes in between classes? On some machines you can even rest your books to read while you work out.

In the four weeks that start with Thanksgiving there are two major holidays that sandwich the omnipotent finals. So, in addition to cramming we have to pack in all that holiday shopping. There will be many festivities that we'll have to miss because our busy schedules. But there are also some holiday festivities happening on campus, like a Holiday Party, Holiday Dance Performance and the presentation of the play A Christmas Carol. While our homestretch race to the finish line may be spent in the library or tutoring center working on those final projects, it might be worth it to take a short walk and spend at least five or ten minutes at the party or performances, or to clear our heads with a quick workout.

BY MICHELE SIMON *Photojournalist*



American College Health Association--National College Health Assessment II Reference Group Executive Summary Fall 2011.

Graphic by Michele Simon

College stress may be constant throughout the semester but finals week takes it to a whole new level. Here's six easy ways to reduce stress during finals week that can help you make it through the madness.

1. Get time away/alone. Walk off campus, treat yourself to a coffee in a place not full of stressed students, or find some other way/place that you can get yourself out of the finals-week environment, if even just for a few minutes.

2. Spend 3-5 minutes not doing anything. Take a few minutes to turn off all of your technology and sit and relax.

3. Spend 15-20 minutes doing something purely for fun. The break for your brain will do wonders for its productivity later.

4. Get exercise in a low-stress situation. Take a relaxing walk, ride your bike, go for a quick jog or try something new in the gym. You might be surprised by how relaxed and energized you feel afterward.

5. Attend a sporting event. Leave your books and really let yourself relax and enjoy, knowing that the time spent away will help your studying later.

6. Make a list-and write down everything. For some people, making a list can really help reduce stress because it helps put things in perspective. Write down every thing you need to do - like eating breakfast/lunch/dinner, doing laundry, getting some sleep, and going to class.

Source: How to Reduce Stress During Finals Week By Kelci Lynn Lucier, About.com

photo by Michele Simon

Christopher Steeper, an NECC business student, studying in the quiet area of the Bentley Library on the Haverhill campus. Over the next couple of weeks the libraries and tutoring rooms will offer many students a place to study and get help with structuring their work and research projects.

photo by Michele Simon

Alisa Bucchiere (right), NECC music professor and choral director, leads the NECC choir in the Dec. 2 holiday Winter Concert. They sang holiday music spanning 600 years. It was the only holiday concert they will have this year. If you missed it the play "A Christmas Carol" will begin Dec. 7.

photo by Michele Simon

Linda Desjardins, NECC English professor, is a role model for participating in extracurricular activities. She has been seen working beside students in community service projects and is physically active in the President's Running group and local races. She participated in the Thanksgiving Day Feaster Five Race and won a gold medal in the May 6 Run a Pleasant 5K road race in Tewksbury. In January 2011 she ran a 10K run in Salisbury and took the plunge into 44 degree water.

Coming Event Spotlight

photo by MCT Campus

A Genocide Forum will take place on Dec. 5, from noon - 1:30 p.m. at the Haverhill campus E building in room 155. Haverhill Gazette columnist Tom Vartabedian will speak about the Armenian Genocide. Also on hand will be representatives from beleaguered nations who have experienced genocide throughout recent times, presenting historical testimonies of their country's plight through actual accounts. The public is invited to attend.